



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35177, Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Report Date: May 31, 2017 04:00 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	76.54	1	--
Energy	kcal	98	--	--
Energy	kJ	409	--	--
Protein	g	19.74	1	--
Total lipid (fat) ¹	g	2.10	1	--
Ash ¹	g	0.94	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	4	1	--
Iron, Fe ¹	mg	2.27	1	--
Magnesium, Mg ¹	mg	24	1	--
Phosphorus, P ¹	mg	215	1	--
Potassium, K ¹	mg	367	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	43	1	--
Zinc, Zn ¹	mg	4.16	1	--
Copper, Cu ¹	mg	0.144	1	--
Manganese, Mn ¹	mg	0.011	1	--
Selenium, Se ¹	µg	15.8	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin ¹	mg	0.159	1	--
Riboflavin ¹	mg	0.270	1	--
Niacin ¹	mg	6.630	1	--
Pantothenic acid ¹	mg	0.630	1	--
Vitamin B-6 ¹	mg	0.893	1	--
Vitamin B-12 ¹	µg	1.77	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	0	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	0	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Lipids				
Fatty acids, total saturated	g	0.828	--	--
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--
12:0 ¹	g	0.002	1	--
14:0 ¹	g	0.072	1	--
15:0 ¹	g	0.010	1	--
16:0 ¹	g	0.584	1	--
17:0 ¹	g	0.011	1	--
18:0 ¹	g	0.147	1	--
20:0 ¹	g	0.002	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
22:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	0.897	--	--
14:1 ¹	g	0.038	1	--
15:1 ¹	g	0.000	1	--
16:1 undifferentiated ¹	g	0.309	1	--
17:1 ¹	g	0.000	1	--
18:1 undifferentiated	g	0.545	--	--
18:1 c ¹	g	0.529	1	--
18:1 t ¹	g	0.016	1	--
20:1 ¹	g	0.005	1	--
Fatty acids, total polyunsaturated	g	0.122	--	--
18:2 undifferentiated	g	0.082	--	--
18:2 n-6 c,c ¹	g	0.066	1	--
18:2 t,t ¹	g	0.016	1	--
18:3 undifferentiated	g	0.021	--	--
18:3 n-3 c,c,c (ALA) ¹	g	0.021	1	--
18:3 n-6 c,c,c ¹	g	0.000	1	--
20:2 n-6 c,c ¹	g	0.000	1	--
20:3 undifferentiated ¹	g	0.004	1	--
20:4 undifferentiated ¹	g	0.015	1	--
Fatty acids, total trans	g	0.032	--	--
Fatty acids, total trans-monoenoic	g	0.016	--	--
Amino Acids				
Tryptophan ¹	g	0.228	--	--
Threonine ¹	g	0.746	--	--
Isoleucine ¹	g	0.954	--	--
Leucine ¹	g	1.760	--	--
Lysine ¹	g	1.544	--	--
Methionine ¹	g	0.645	--	--
Cystine ¹	g	0.252	--	--
Phenylalanine ¹	g	0.854	--	--
Tyrosine ¹	g	0.751	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Valine ¹	g	1.530	--	--
Arginine ¹	g	1.319	--	--
Histidine ¹	g	0.720	--	--
Alanine ¹	g	1.234	--	--
Aspartic acid ¹	g	1.944	--	--
Glutamic acid ¹	g	3.234	--	--
Glycine ¹	g	0.909	--	--
Proline ¹	g	0.819	--	--
Serine ¹	g	1.006	--	--
Hydroxyproline ¹	g	0.046	1	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA AIAN FNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD